



Woodchurch High School

# Safeguarding Newsletter

Issue No. 1 | October 2022



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## Updates

We are changing the format of our Safeguarding Bulletins to make them more frequent and informative so we can assist you in supporting your child to be resilient against some of the risks and challenges our young people face today.

More information and sources of help and support is available on our website under Safeguarding and Wellbeing.

If you would like to report any concerns or would like to contact a member of the safeguarding Team please email the team at [safeguarding@woodchurchhigh.com](mailto:safeguarding@woodchurchhigh.com).

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## Online Safety

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Online Safety Incidents are rising year on year as more young people are exposed to Social Media and Internet Gaming. We have Curriculum responses to this problem across a range of Subjects such as Computing, Relationship and Sexual Education, Personal Social and Health Education, and Computing as well as bespoke drop down sessions and targeted workshops. As well as educating the pupils, the whole teaching Staff will receive several online safety-training sessions over the course of this academic year.



# How Much Is Too Much?

Parents often ask how much online time is safe or appropriate. The amount of time spent gaming may not matter as much as whether video games are interfering with a healthy active lifestyle. It's not simply a matter of the number of hours spent playing video games or time online. It is more important that a young person's online life is not interfering or replacing real life activities. It is very likely that person is spending too much time online if time spent online is affecting any of the following:

- School Work
- Real Life Socialising
- Hobbies
- Exercise and Activity
- Sleep
- Hydration and Eating



Too much?



Not enough?

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## Key messages for parents

- If your children are younger, do not assume that the level of risk is lower
- Do not disregard reports of risks to your children, e.g. cyber bullying, seek advice from online parental support and schools.
- Activate parental controls (check how to do this with your telecom provider) but always remain vigilant about what your children may be using their devices for.
- Ensure that games and videos are age appropriate
- Ask your children what they do online and who they talk to. Ensure your child knows that they can speak to you if they see something unpleasant on screen that may have upset them

### Vodafone Online Parenting Magazine

This is a helpful guide for parents; it highlights dangers and Hazards of online life but also gives insight into how and when digital life can be helpful and how to use digital technology safely. This is also available with other resources on our website in the safeguarding and wellbeing area.



# Sexual Harassment and Sexual Violence and Peer Abuse

The statistics published recently by the NSPCC following the 'Report Abuse Online' show abuse of children by other children is rising. In 2017 a Girls Attitude Survey found 64% of girls, aged 13-21 had experienced Sexual Violence or Sexual Harassment at school or college in the last year. Of these 64%, 39% had had their Bra strap pulled by a boy and 27% had their skirt lifted up.

We are dedicated to ensuring all our pupils understand what is meant by Sexual Violence and Sexual Harassment. That they know how to minimise risk and also know how to report and feel confident doing so.

This term all pupils have had a week of Form Time dedicated to learning more about Peer Abuse and Sexual Harassment. The government have issued information about the numbers of young people experiencing Sexual Violence and Harassment in schools throughout the country, sadly it is high. At Woodchurch High School we are driven by three simple principles in our approach to tackling Peer Abuse: our message to parents, pupils and staff is 'Personal Responsibility, Zero Tolerance and Awareness'.

For Further Information or Advice on this please see the school Website under [Safeguarding and Wellbeing](#).

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## Mental Health and Well Being

### Ask Wess:

Within two weeks, we will be relaunching our Ask WESS service for our pupils.

This is a support, counselling and guidance service for our pupils, provided by our pupils. Each year group has twenty five pupils who are trained to provide support and guidance on all variety of issues that teenagers may face. They are the Ask WESS team.

They support our community in two ways. Pupils can, each day, attend a clinic at lunchtime staffed by the Ask WESS team. Each day there are different pupils 'on duty' providing support and guidance. The panels are made up of pupils from different years, sometimes all male, sometimes all female, sometimes mixed.

For those who prefer more confidential support, they can email the Ask WESS email service and receive a response written by the Ask WESS team.

This service was developed in partnership with the NSPCC and we have used their support and guidance to ensure that we care for our pupils as best we can.

The logo for the National Society for the Prevention of Child Abuse (NSPCC) is displayed in a bold, green, sans-serif font.